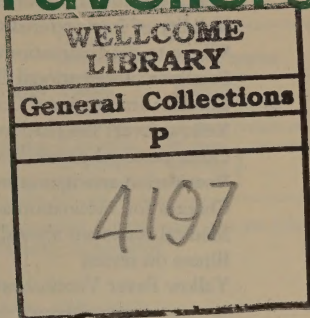


# Notice to travellers



# Health protection

When you go abroad, especially to tropical or sub-tropical countries, you may be exposed to infections not normally prevalent in the United Kingdom.

To protect your health, some steps are required by law, others are recommended according to where your travels take you.

This leaflet gives you guidance about international vaccination requirements, personal protection against various diseases, how and where to get vaccinated, and how long International Certificates of vaccination are valid.

This leaflet does not apply to residents of Northern Ireland. The Ministry of Health and Social Services at Dundonald House, Upper Newtownards Road, Belfast 4, issues its own Notice and enquiries should be made to that address.

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## 1 International requirements

Many countries, including the United Kingdom, require travellers arriving from certain other countries to produce valid International Certificates of vaccination. Separate certificates cover *smallpox*, *yellow fever* and *cholera*. According to where you are going, you may need one or more of these vaccinations and its related certificate. You should therefore check through the countries and areas listed in Sections 5, 6 and 7, to see which, if any, you need. These lists are basic. They cannot be guaranteed to be comprehensive because changing conditions change the requirements. If there is a smallpox infected area in Britain, more countries than are on the basic list may require travellers from Britain to have the International Smallpox Certificate.

Changes to the lists are notified internationally through the World Health Organisation (WHO). Notice of temporary changes is published as soon as possible, particularly if large numbers of travellers are affected. If you are in any doubt, check with the Embassy or Mission of the country to be visited. The Passport Office, Petty France, London SW1, will give you a list of Embassies and Missions.

## 2 The International Certificate form

- There are three separate International Certificates of vaccination: for *smallpox*, *cholera* and *yellow fever*. If you are being vaccinated against any or all of these diseases, make sure your certificate is on the international form.
- Remember that International Certificates are for individuals; unlike a passport, one certificate cannot be issued to cover yourself and your wife or your children.
- There are no International Certificates for other vaccinations, such as typhoid and polio; see Section 8.

### 3 Validity of International Certificates

Validity periods for International Certificates are:

Type of vaccination	Certificate valid for	Period validity begins	
Smallpox primary vaccination if successful	3 years	8 days	} after date of vaccination
revaccination	3 years	At once	
Cholera primary vaccination	6 months	6 days	
revaccination within six months	6 months	At once	
Yellow fever primary vaccination	10 years	10 days	
revaccination within ten years	10 years	At once	

However, some countries may vary these periods and you are advised to check with the Embassy or Mission concerned.

### 4 Where to get International Certificates

**Yellow fever** The Certificate is supplied after vaccination at the Centre concerned. A list of Centres is in Section 13.

**Smallpox and Cholera** You get the Certificate forms yourself and take them to the doctor for completion. Usually you can get them from the agent making your travel arrangements. Your Local Authority may also be able to supply the forms. Otherwise you should apply to one of the following Health Departments:

Department of Health and Social Security  
Alexander Fleming House  
Elephant and Castle  
London SE1

Welsh Office  
Cathays Park  
Cardiff

Scottish Home and Health Department  
St Andrew's House  
Edinburgh 1

Note 2 on the Certificate is important. It concerns the approved stamps. Normally, except at Yellow Fever Centres, you must get the Certificate stamped by the Local Authority in whose area the vaccinator practises.

### 5 Smallpox: International Certificate requirements

You will be asked to produce a valid International Certificate of vaccination against smallpox when you return to the United Kingdom if you have been in:

- an infected area, as notified by the World Health Organisation, anywhere in the world
- an endemic area. Broadly, this means any continent where smallpox is normally found, i.e., Africa, Asia or the Americas (except: Azores and Madeira, Canary Islands, Reunion, Bermuda, Canada, French Guiana, Greenland, Guadeloupe, Martinique, Netherlands Antilles, St. Pierre and Miquelon, Surinam, United States of America). However, the position is liable to change and for up-to-date information about any particular country you should enquire from the Embassy or Mission concerned.

You will normally need to produce an International Smallpox Certificate *on arrival in*:

Australia  
Canada

New Zealand  
USA

Most islands in  
the Caribbean, Indian  
and Pacific Oceans



If smallpox occurs in the United Kingdom, other countries including those in Europe may also require International Certificates either of all travellers from this country, or of those from the infected area.

Some countries do not require International Certificates for infants. You can check age limits with the Embassy or Mission concerned.

Exceptionally, there may be a medical reason why smallpox vaccination should not be done. If your doctor considers this applies to you, ask him for a certificate stating the reason and have it stamped by the Local Authority as if it were an International Certificate of vaccination.

## 6 Cholera: International Certificate requirements

Travellers arriving in the United Kingdom are *not* normally required to produce an International Certificate of vaccination against cholera.

Other countries' requirements regarding the cholera Certificate are complicated and variable. In general, if you are travelling abroad you are advised to check with Embassies or Missions concerned.

Whether or not the country concerned *requires* production of an International Cholera Certificate, vaccination is *advised* for travellers to:

Burma	Philippines	} during the pilgrimage season (approximately October to April)
India	Saudi Arabia	
Laos	Sudan	
Nauru	Thailand	
Nepal	Vietnam	

Pakistan

Any infected area elsewhere as notified by WHO

If cholera should occur in the United Kingdom, other countries might also require cholera International Certificates from all travellers in this country or from the infected area.

Some countries do not require International Certificates for infants. You can check age limits with the Embassy or Mission concerned.

## 7 Yellow fever: International Certificate requirements

Travellers arriving in the United Kingdom are not normally required to produce an International Certificate of vaccination against yellow fever.

Some countries demand a yellow fever International Certificate from travellers who have been in or pass through those parts of Africa or South America where yellow fever could occur. Such travellers should check with the Embassy or Mission concerned or with any of the Health Departments listed in Section 4.

## 8 Other personal protection

**Typhoid and Paratyphoid** vaccination is advisable for everybody going outside Northern Europe or North America. This is for your own protection. A full course requires three injections but two injections with an interval of four to six weeks between them gives some protection. Remember to arrange with your doctor in good time.

**Poliomyelitis** vaccination is advisable for travellers of any age going anywhere other than to Europe, Canada and the USA. Even if you have been vaccinated against poliomyelitis in the past, your doctor may advise a reinforcing dose as a precaution.

**Rabies** is found in most parts of the world, including continental Europe. It does not normally occur in the British Isles, Malta, Australia, New Zealand or the islands of the Atlantic and Pacific Oceans. Anyone bitten or scratched by any animal while abroad should consult a local doctor immediately. A course of vaccination against rabies may have to be started without delay, especially if the animal shows evidence of the disease or cannot be traced. If the owner or person in charge of the animal is known, you should take each other's names and addresses so that information such as results of laboratory tests can be readily exchanged. If it is a domestic animal, find out if it has been vaccinated against rabies, as this would reduce the infection risk.

**Malaria** is still prevalent in some countries outside Europe. You are advised to check on the malaria risk with the Embassy or Mission concerned or with one of the Health Departments listed in Section 4. *If you are visiting or passing through malarial areas you should take anti-malaria drugs.* Your doctor will advise you about these, but the drugs cannot be provided at Health Service expense.

## **9 Vaccination arrangements**

Vaccination against any disease *other than yellow fever* can be done by your own doctor or, exceptionally and by arrangement, at a hospital.

*Yellow fever* vaccination can be done only at designated Centres. These are listed in Section 13. As the list shows, some Centres also do other vaccinations.

If you need vaccination against more than one disease, discuss the matter with your doctor well in advance of your journey, because they may have to be done in a particular order, depending on time available.

### **Some special points about yellow fever vaccination**

- If you are to have both yellow fever and smallpox vaccination it is advisable to have the yellow fever vaccination first and at least four days before a *primary* smallpox vaccination. If for some reason *primary* smallpox vaccination is done first, there should be a twenty-one-day interval before yellow fever vaccination.
- Wherever possible infants should not be vaccinated against yellow fever until they are nine months old. Exceptionally, infants under nine months may have yellow fever vaccination but only at the specific request in writing of parent or guardian.
- When for special reasons an infant under nine months has to be vaccinated against both yellow fever and smallpox, there should be a twenty-one-day interval between them, no matter which is done first.
- Yellow fever vaccination can be done only at a designated Centre. The list of Centres is in Section 13. Please note the information about appointments at the head of the list.

## **10 Charges for vaccination and certificates**

Most Centres charge for yellow fever vaccination.

There is no charge for other vaccinations if they are required as a matter of public policy for travel abroad, provided they are done under the National Health Service – whether by your own doctor or not. However, the doctor may charge for signing an International Certificate. Vaccinations and drugs recommended for your personal protection are your responsibility, as is your insurance.

## 11 Medical treatment abroad: insurance

If you are going abroad, remember that in most countries you cannot get free medical or hospital treatment in the case of an illness or accident. Whatever the cost of treatment you cannot be reimbursed from British Government sources. You should therefore make sure you are adequately covered against this risk by taking out a private insurance policy. Hospital accommodation and consultants' fees are very expensive in some countries. Insurance cover of about £100 may be sufficient only for first aid or temporary illness, but inadequate for prolonged sickness or serious injury. An insurance broker or travel agent would advise you on adequate cover.

## 12 Illness on return

If you need medical attention shortly after returning from abroad, you should tell your doctor where you have been as this may be relevant to the illness. *In particular, you should tell him if you have been in an area where malaria is liable to occur.*

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## 13 Yellow Fever Vaccination Centres

**Important.** Every person requiring vaccination *must make an appointment with the Centre:* at many Centres this may be done by telephone at any time during normal office hours (usually 10.0 am to 5.0 pm).

\*These centres undertake other vaccinations as well as vaccination against yellow fever: see Section 9.

Town	Address	Tel. No.
<b>England and Wales</b>		
Barnsley	*The Medical Services Clinic, New Street, Barnsley	Barnsley 3525
Birmingham	*The Public Health Department, Congreve Street, Birmingham 3	021-235 3428
Blackburn	*Health and Welfare Services Department, Larkhill Health Centre, Mount Pleasant, Blackburn BB1 5BJ	Blackburn 63611 Ext. 207
Bournemouth	*The Public Health Department, 17 St. Stephen's Road, Bournemouth BH2 6JT	Bournemouth 22066
Bradford	*Edmund Street Clinic, 26 Edmund Street, Bradford 5	Bradford 28421 Ext. 22
Brighton	The Health Department, Royal York Buildings, Old Steine, Brighton BN1 1NP	Brighton 29801 Ext. 331
Bristol	*Central Health Clinic, Tower Hill, Bristol 2	Bristol 2-6602 Ext. 253
Cambridge	County Medical Officer of Health, Shire Hall Annex, Gloucester Street, Cambridge	Cambridge 58811



Town	Address	Tel. No.
Cardiff	*The Vaccination Clinic, Cardiff Maternity Hospital, Glossop Terrace, Cardiff	Cardiff 31033 Ext. 365
Carlisle	The Central Clinic, Victoria Place, Carlisle	Carlisle 23411
Chelmsford	The Health Suite, Ground Floor, Block A, County Hall Extension, Chelmsford	Chelmsford 53233 Ext. 2751
Coventry	Health Department, Room 132, New Council Offices, Earl Street, Coventry	Coventry 25555 Ext. 2635
Derby	Derbyshire County Council Clinic, Cathedral Road, Derby	Derby 45934
Doncaster	*Health Offices, York House, Cleveland Street, Doncaster	Doncaster 67051-6
Exeter	School Health Department, 1A, Southernhay West, Exeter. <i>(Correspondence should be addressed to: Health Dept, 7 Barnfield Crescent, Exeter EX1 1RQ)</i>	Exeter 77888 Ext. 220
Gloucester	*Gloucestershire Royal Hospital, Southgate Street, Gloucester	Gloucester 23584
Grimsby	Health Department, Queen Street, Grimsby	Grimsby 580860
Haverfordwest	County Health Department, Merlins Hill, Haverfordwest	Haverfordwest 3345
Kingston-upon-Hull	Health Department, Branch Office, Witham, Kingston-upon-Hull HU9 1DB	Kingston-upon-Hull 24364 Ext. 65
Lancaster	*Ashton Road Clinic, Lancaster	Lancaster 2558
Leeds	*8 Park Square, Leeds 1	Leeds 30661
Leicester	*Midland House, 52-54 Charles Street, Leicester	Leicester 25732 Ext. 114
Lincoln	City Health Department, Beaumont Fee, Lincoln	Lincoln 27196
Liverpool	*Vaccination Centre, Health Department, Hatton Garden, Liverpool 3	051-227 3911 Ext. 179
Liverpool (2nd Centre)	*School of Tropical Medicine, Pembroke Place, Liverpool L3 5QA	051-709 2298
London		
Borough of Camden	*Yellow Fever Vaccination Service, Hospital for Tropical Diseases, 4 St. Pancras Way, London NW1	01-387 4411 Ext. 137
Borough of Kingston- upon-Thames	Health Centre, Grange Road, Kingston-upon-Thames	01-546 7261
Corporation of London	Yellow Fever Vaccination Service, Medical Department, Unilever House, Blackfriars, London EC4	01-353 7474 Ext. 2841
Westminster City Council	*Yellow Fever Vaccination Service, 53 Great Cumberland Place, London W1H 7LH	01-262 6456

Town	Address	Tel. No.
Maidstone	*Health and Welfare Department, Springfield, Sandling Road, Maidstone	Maidstone 54371
Manchester	Health Department, Third Floor, Town Hall Extension, Manchester 2	061-236 3377 Ext. 2528
Newcastle upon Tyne	Jesmond Clinic, 48 Osborne Road, Newcastle upon Tyne 2	Newcastle upon Tyne 28520 Ext. 92 or 558
Newport	Public Health Department, Civic Centre, Newport, Mon.	Newport 65491 Ext. 12
Northampton	County Offices, Guildhall Road, Northampton	Northampton 34833 Ext. 115
Norwich	Churchman House, 68 St. Giles Street, Norwich NOR 22E	Norwich 22233 Ext. 314
Nottingham	The Radfield Welfare Centre, Grant Street, Nottingham NG7 3G3	Nottingham 50551 or 55782
Oxford	Health Department, Greyfriars, Paradise Street, Oxford	Oxford 47212
Penzance	Health Clinic Bellair, Alverton, Penzance	Penzance 2321
Plymouth	The Health Department, Municipal Offices, Plymouth	Plymouth 68000 Ext. 2427
Sheffield	Maternity and Child Welfare Clinic, Orchard Place, Sheffield S1 2GW	Sheffield 78944
Shrewsbury	County Health Department, (2nd Floor, North Block), Shirehall, Abbey Foregate, Shrewsbury	Shrewsbury 52211 Ext. 524
Southampton	Central Health Clinic, East Park Terrace, Southampton	Southampton 28721
Southend-on-Sea	*Municipal Health Centre, Warrior Square, Southend-on-Sea	Southend-on-Sea 49451
Swansea	Public Health Department, Guildhall, Swansea	Swansea 50821
Taunton	Health Centre, Tower Lane, Taunton	Taunton 82251
Teesside	*Health Department, P.O. Box 92, 26 Southfield Road, Middlesbrough TS1 2HQ	Middlesbrough 3201, 43832 and 43897
Truro	Health Area Office, The Leats, Truro	Truro 2202
York	Health Services Centre, 33 Monkgate, York	York 59881 Ext. 241

### Scotland

Aberdeen	Beach Boulevard Clinic, Beach Boulevard, Aberdeen	Aberdeen 29427
Dundee	King's Cross Hospital, Cleington Road, Dundee	Dundee 285241
Edinburgh	Central Vaccination Clinic, 9 Johnston Terrace, Edinburgh 1	031-225 8474
Glasgow	*Public Health Clinic, 20 Cochrane Street, Glasgow C1	041-221 9600 Ext. 332

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